

Book Description

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Colleging with ADHD

Every year, countless ADHD students make the mistake of trying to do college like everyone else, only to find themselves overwhelmed and frustrated with their academic performance. The ADHD brain is different – not broken, not deficient, just different, so to be successful, you need tools and strategies that work with, and not against, the ADHD brain.

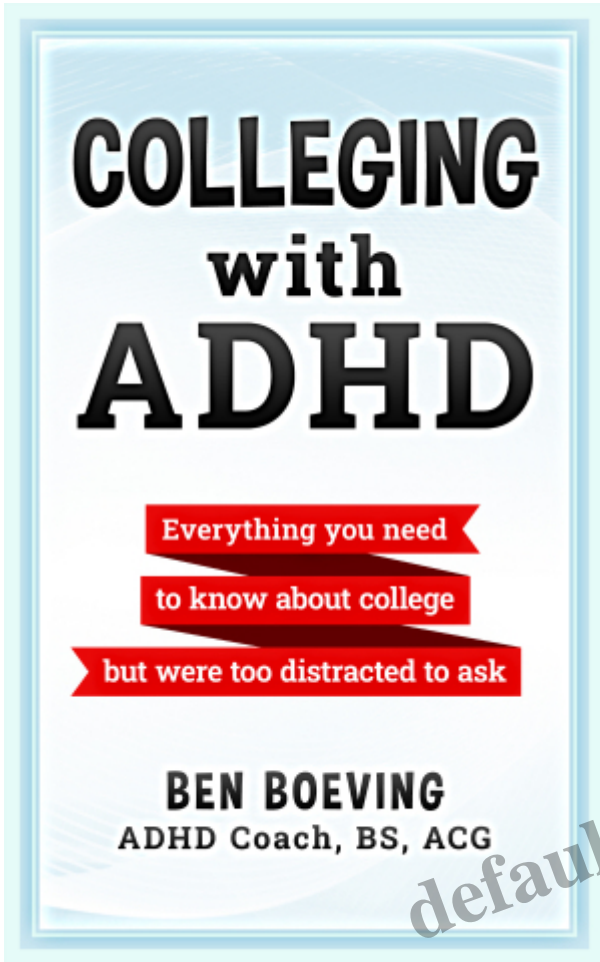
For the past 15 years, Ben Boeving, ADHD College Coach, has helped hundreds of college students learn how to successfully college with ADHD using strategies explicitly designed with the ADHD brain in mind. In his book, *How to College with ADHD*, he shares those strategies along with everything else you need to know when it comes to ADHD and college success.

Some of the topics include:

- How to improve attention both in and out of the classroom
- ADHD-friendly strategies for time management and organization
- Overcoming procrastination and increasing productivity
- An easy solution for remembering test dates, appointments, deadlines, etc.
- How to stop losing keys, wallets, student IDs, books, fobs, and everything else important
- Stress management, brain hygiene, and self-advocating

Whether you are heading to college in the fall or just finished your junior year, *How to College with ADHD* is the perfect gift for anyone who wants to get the most out of their college experience.

[Purchase today!](#)



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